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125 lightened-up, healthier meals for your family

8 BONUS RECIPES

HEY Y'ALL!

Thanks so much for pre-ordering SKINNY SUPPERS. Before SKINNY SUPPERS shows up on your doorstep, and to show my appreciation for your loyalty, I'd like to give you this free download of eight exclusive recipes I developed. Feel free to save this and print it off, because you won't be able to find them anywhere else! I hope these recipes bring as much joy to you and your family's dinner table as they have to me and mine.

xo, Brooke

SOUTHWEST SWEET POTATO QUINOA CHILI

SERVES 8

You guys will LOVE this Southwest Sweet Potato Quinoa Chili. It's a little different from the chili my Granny used to cook in Corbin, but I'm telling you that it's just as tasty! I used quinoa, sweet potatoes, black beans and diced tomatoes to keep this vegetarian meal hearty and satisfying. The best part about this recipe is you just have to caramelize the onions, then throw the ingredients in a stockpot, and you've got dinner (plus leftovers) in under an hour!

INGREDIENTS

1 teaspoon extra virgin olive oil
1 small yellow onion, diced
2 tablespoons minced garlic
4 cups low-sodium vegetable broth
1 large sweet potato, peeled and medium dice
1 cup dry quinoa
1 (6-ounce) can tomato paste
1 (15-ounce) can black beans, drained and rinsed
1 (10-ounce) can diced tomatoes with green chilis
2 teaspoons cumin
1 teaspoon paprika
2 teaspoons chili powder
¼ teaspoon cinnamon
2 tablespoons lime juice
2 tablespoons chopped cilantro

OPTIONAL

Greek yogurt dollop
lime wedges

- Heat a large stockpot over medium heat and add the oil and onions. Cook the onions until they are soft, 10 to 12 minutes.
- Add the garlic and cook an additional 1-2 minutes.
- Add the broth, potatoes, quinoa, tomato paste, beans, diced tomatoes with chilis, cumin, paprika, chili powder and cinnamon, and stir together and bring to a boil.
- Reduce the heat to low, cover, and simmer until the potatoes are fork-tender and the quinoa is cooked, 30-35 minutes.
- Uncover, and stir in the lime juice and cilantro and serve with a dollop of optional Greek yogurt on top.

NUTRITION INFO:

Per Serving: (1 heaping cup) • Calories: 217 • Calories From Fat: 21 • Fat: 1g • Saturated Fat: 0g • Cholesterol: 0mg Sodium: 320mg • Carbohydrates: 46g • Fiber: 8g • Sugar: 8g • Protein: 8g • SmartPoints: 7

LOW-CARB CAULIFLOWER BRUSCHETTA STEAKS

SERVES 4

For a fun, low-calorie and tasty appetizer, try out my Cauliflower Bruschetta Steaks. I used sliced and roasted cauliflower as the "steak" component and topped it off with flavorful, homemade Bruschetta topping and Parmesan cheese. Serve this skinny hors d'oeuvre at your next get-together to blow your guests away!

INGREDIENTS

2 heads cauliflower
1 tablespoon extra virgin olive oil
¼ teaspoon salt, divided
black pepper, to taste
4 Roma tomatoes, diced (12 ounces total)
¼ cup fresh basil leaves, chopped (8-10 leaves)
1 teaspoon minced garlic
2 teaspoon balsamic vinegar
2 tablespoons shredded Parmesan cheese

» Preheat the oven to 400° F and grease a foil-lined baking sheet with nonstick cooking spray.
» Remove the outer leaves from the cauliflower, and trim the stem if it's long. Place the cauliflower stem-side down on a cutting board and carefully cut it into four half-inch to 1-inch thick "steaks."
» Brush the "steaks" with the olive oil and season with ⅛ teaspoon of salt and black pepper, to taste.
» Bake on the prepared baking sheet until the tip of a knife can be easily inserted into the core of the "steaks," 25-30 minutes.
» Meanwhile, make the Bruschetta topping: In a small mixing bowl, stir together the tomatoes, basil, garlic, balsamic vinegar and ⅛ teaspoon salt. Set aside.
» When the steaks are finished, spoon the Bruschetta over each "steak" and top evenly with 2 tablespoons of the Parmesan cheese.
» Turn the broiler on high, and broil to heat the bruschetta topping and melt the cheese, 30 seconds to 1 minute.

NUTRITION INFO:
Per Serving: (¼ of recipe) • Calories: 36 • Calories From Fat: 9 • Fat: 1g • Saturated Fat: 1g • Cholesterol: 4mg Sodium: 49mg • Carbohydrates: 5g • Fiber: 1g • Sugar: 2g • Protein: 2g • SmartPoints: 1

CHICKPEA “MEATBALLS” WITH LEMON LINGUINE

SERVES 6

Chickpeas are such a versatile food that I decided to make meatballs out of them! As you probably have guessed, they’re not true meatballs, but instead delicious, cheesy, garlicky, breadcrumb-tastic rolls of delight! Throw a few in with some whole-wheat lemon linguine and you’ve got yourself a healthy, tasty meal everyone in your family will love.

INGREDIENTS

1 (15-ounce) can chickpeas, drained and rinsed
1 egg
¼ cup plain breadcrumbs
¼ cup fresh parsley (a small handful)
¼ cup reduced-fat feta cheese, crumbled
¼ teaspoon garlic powder
¼ teaspoon onion powder
⅛ teaspoon cumin
juice of 1 lemon (about 2 tablespoons)
8 ounces whole wheat linguine
3 tablespoons extra virgin olive oil
½ large red onion, thinly sliced
1 teaspoon minced garlic
1 (5-ounce) container baby spinach
salt, to taste
black pepper, to taste

- Preheat the oven to 350° F and lightly coat a baking sheet with nonstick cooking spray, or a silicone baking mat.
- Pulse the chickpeas in a food processor until just slightly coarse. Add the egg, breadcrumbs, parsley, feta, garlic powder, onion powder, cumin and 1 tablespoon of the lemon juice. Pulse until combined, but not completely smooth.
- Roll the chickpea mixture into 16 equal-sized heaping tablespoon “meatballs” and transfer to the prepared baking sheet. Bake until golden, 18-20 minutes.
- Meanwhile, bring a large pot of salted water to a boil and cook the linguine according to package directions for al dente. Reserve ½ to 1 cup of the pasta cooking water before draining.
- Heat a large skillet over medium heat and add the oil and onions. Cook the onions for 10-12 minutes, until well caramelized. Add the garlic, and cook for 30 seconds to 1 minute, or until fragrant.
- Turn the heat down to low and add the remaining tablespoon of lemon juice, ¼ cup of the reserved pasta water, linguine and spinach. Toss gently with tongs until the spinach is wilted. Add more reserved pasta cooking water as needed to thin the sauce, if desired.
- Season with salt and black pepper, to taste. Serve ⅔ cup linguine with 2-3 meatballs each.

NUTRITION INFO:

Per Serving: (⅔ cup pasta and 2-3 “meatballs”) • Calories: 308 • Calories From Fat: 98 • Fat: 11g • Saturated Fat: 2g Cholesterol: 32mg • Sodium: 196mg • Carbohydrates: 45g • Fiber: 9g • Sugar: 5g • Protein: 12g • SmartPoints: 9

SPICY BAKED SRIRACHA CHICKEN

SERVES 6

Who's ready for takeout? This low-cal, protein-packed meal feels just like Chinese takeout, but without all the sodium, fat and extra calories. The crispy, panko-breaded chicken soaks up the sweet and spicy sauce for a tender, juicy chicken nugget. When I'm feeling really brave, I'll amp up the sriracha — or use red pepper flakes — for an even spicier recipe.

INGREDIENTS

1 pound boneless skinless chicken breasts, cut into 1-inch cubes (about 35 pieces)
2 egg whites, whisked
¾ cup panko bread crumbs + 2 tablespoons
salt, to taste
black pepper, to taste
½ cup sugar-free maple syrup
2 tablespoons sriracha hot sauce
1 tablespoon low-sodium soy sauce
1 tablespoon cornstarch
¼ cup cold water

» Preheat the oven to 375° F and grease a cooling rack that fits in the baking sheet with nonstick cooking spray. (This will help the baked nuggets be crispy.)
» Whisk the egg whites in one small mixing bowl, and the panko, salt, and black pepper in a second mixing bowl.
» Dunk the chicken pieces in the egg whites and let the excess drip off. Next, dredge the chicken pieces in the panko, coating all sides.
» Place the chicken on the prepared baking sheet and bake until the chicken is golden and done, 16-18 minutes.
» While the chicken is baking, prepare the sauce by heating the syrup, sriracha and soy sauce in a small saucepan over medium heat.
» Stir together the cornstarch and cold water to make a slurry, and set aside. Bring the sauce to a low boil, and then stir the slurry into the sauce. Allow it to come back up to a low boil for 1 minute until thickened.
» When the chicken is cooked, toss it into the sauce and serve hot.

NUTRITION INFO:
Per Serving: (½ cup chicken) • Calories: 124 • Calories From Fat: 15 • Fat: 2g • Saturated Fat: 0g • Cholesterol: 43mg Sodium: 362mg • Carbohydrates: 11g • Fiber: 0g • Sugar: 1g • Protein: 18g • SmartPoints: 2

SKINNY CHICKEN FLORENTINE

SERVES 6

I love making this Skinny Chicken Florentine. It's simple, delicious and low-calorie — and I can even get my little man Easton to eat it! Skinny swaps like whole-wheat linguine, low-fat cheese, low-sodium chicken broth and healthy spinach turn a calorie-laden comfort meal into a healthy and satisfying supper. Plus, there's enough protein packed in for the mightiest of workouts!

INGREDIENTS

8 ounces whole wheat linguine pasta, dry
2 tablespoons extra virgin olive oil
¼ teaspoon salt
black pepper, to taste
1 pound boneless skinless chicken breast, cut in 1-inch pieces
1 cup low-fat ricotta cheese
¼ cup shredded Parmesan cheese
1 (10-ounce) package frozen spinach, thawed with excess moisture squeezed out
1 teaspoon minced garlic
2 tablespoons white whole wheat flour
1 tablespoon lemon juice
1 cup low-sodium chicken broth

- Bring a large pot of salted water to a boil and cook the linguine according to package directions for al dente. Reserve ¼ to ½ cup of the pasta cooking water before draining.
- While the pasta is cooking, heat a large skillet over medium heat and add 1 tablespoon of the oil.
- Season the chicken with salt and black and pepper and add to the skillet. Cook until done, 2-3 minutes on each side, and reserve the cooked chicken on a plate.
- In a small mixing bowl, stir together the ricotta cheese, Parmesan cheese, and spinach and set aside.
- In the same skillet the chicken was cooked in, over medium heat add the remaining 1 tablespoon of oil and garlic and cook until fragrant, 30 seconds to 1 minute.
- Whisk in the flour and cook for an additional 30 seconds. Increase the heat to high and whisk in the chicken broth and bring to a boil. Continuing cooking for 4-6 minutes, or until thickened.
- Turn the heat down to low, and stir in the lemon juice, cheese and spinach mixture, and stir until smooth and incorporated.
- Add in the reserved chicken and drained linguine pasta. Thin the sauce with 1 tablespoon of reserved pasta water at a time if needed.
- Gently toss the linguine and chicken together to evenly coat in the sauce, and serve.

NUTRITION INFO:
Per Serving: (1 cup) • Calories: 334 • Calories From Fat: 107 • Fat: 12g • Saturated Fat: 4g • Cholesterol: 62mg Sodium: 411mg • Carbohydrates: 31g • Fiber: 5g • Sugar: 3g • Protein: 29g • SmartPoints: 9

CREAMY TORTELLINI AND VEGETABLES

SERVES 7

If your kids are anything like my little man Easton, you know it's hard to get them to eat their veggies. This recipe, however, can help! You see, they won't be able to resist the creamy, cheese-filled tortellini if it means sacrificing a few carrots and green beans. It's even got lots of protein for growing kids (and for Mom's tough workouts)!

INGREDIENTS

1 (12-ounce) bag frozen mixed vegetables
2 (9-ounce) packages cheese tortellini
1 tablespoon extra virgin olive oil
1 tablespoon minced garlic
⅛ teaspoon red chili flakes
1 tablespoon white whole wheat flour
½ low-sodium chicken broth
½ cup skim milk
1 teaspoon Italian seasoning
¼ cup shredded Parmesan cheese
salt, to taste
black pepper, to taste

» Bring a large pot of salted water to a boil. Boil the frozen vegetables for 3-5 minutes, then add the tortellini and boil an additional 2-3 minutes. Drain and set aside.
» Heat a large skillet over medium-low heat. Add the oil, garlic, and red chili flakes and cook until the garlic is browned but not burnt, about 1 minute.
» Stir in the flour and cook for 30 seconds. Increase the heat to medium-high and whisk in the broth and milk. Stir constantly for 3-5 minutes until the sauce has thickened.
» Turn the heat down to low and stir in the cheese until smooth and melted. Season the sauce with the Italian seasoning, salt, and pepper.
» Transfer the cooked vegetables and tortellini to the skillet with the sauce, and gently stir to evenly coat.

NUTRITION INFO:
Per Serving: (1 cup) • Calories: 314 • Calories From Fat: 90 • Fat: 10g • Saturated Fat: 3g • Cholesterol: 47mg Sodium: 449mg • Carbohydrates: 45g • Fiber: 5g • Sugar: 6g • Protein: 15g • SmartPoints: 10

SKINNY BAKED BURRITO

SERVES 8

My Skinny Baked Burrito recipe is one of the easiest and tastiest burritos you'll ever make. I use lean ground turkey (rather than beef) to cut down on calories, and Uncle Ben's Ready Rice to cut down on prep/cooking time! I like to serve with my favorite veggies like lettuce, tomatoes, jalapeños and black olives, but feel free to customize yours to your own liking. Homemade guac, anyone?!

INGREDIENTS

2 teaspoons extra virgin olive oil
1 pound fat-free ground turkey
1 onion, diced
½ teaspoon cumin
¼ teaspoon chili powder
1 (8.8-ounce) pouch ready rice Spanish style rice
1 (15-ounce) can reduced sodium pinto beans, drained and rinsed
8 large low-carb, high-fiber whole wheat tortillas
1 (10-ounce) can mild green chile enchilada sauce
½ cup reduced-fat shredded Mexican cheese

OPTIONAL

lettuce, tomatoes, jalapeños, black olives

- Preheat the oven to 375° F and grease a 13x9-inch casserole dish with nonstick cooking spray and set aside.
- Heat a large skillet over medium heat. Add the oil, turkey, and onions and cook until the turkey is cooked and the onions are soft, 8-10 minutes.
- Reduce the heat to low and season the turkey with the cumin and chili powder.
- Microwave the rice according to package directions and add it to the skillet, along with the beans. Stir together and turn off the heat.
- Fill ¾ cup of the burrito filling along one side of each tortilla and fold the ends in and over on themselves. Place the burritos seam-side down in the prepared casserole dish.
- Pour the enchilada sauce evenly on top of the burritos and cover in the cheese.
- Bake for 10-15 minutes, or until the cheese is melted and they are heated through.
- Serve with optional toppings as desired.

NUTRITION INFO:

Per Serving: (1 burrito) • Calories: 275 • Calories From Fat: 64 • Fat: 7g • Saturated Fat: 1g • Cholesterol: 35mg Sodium: 792mg • Carbohydrates: 39g • Fiber: 15g • Sugar: 3g • Protein: 38g • SmartPoints: 5

TURKEY AND POMEGRANATE SALAD WITH CREAMY BALSAMIC DRESSING

SERVES 4

This has to be one of my favorite salads! It's quick, tasty, and an awesome source of protein! The pomegranate seeds add the perfect amount of sweetness, while the creamy balsamic dressing brings out a savory, mouthwatering flavor. The best part about this salad is that it's hearty enough to make when I have family over for dinner, or I can use a smaller portion size for lunch.

INGREDIENTS

1 pound turkey cutlets (about 2 cutlets)
¼ teaspoon salt
black pepper
1 tablespoon extra virgin olive oil
12 cups mixed lettuce greens
½ cup pomegranate seeds
1 small crisp apple, thinly sliced
½ shallot, thinly sliced
¼ cup reduced-fat blue cheese crumbles

CREAMY BALSAMIC DRESSING

1 tablespoon dijon mustard
3 tablespoon balsamic vinegar
2 tablespoons extra virgin olive oil
2 tablespoons hot water
salt, to taste
black pepper, to taste

» Heat a large skillet over medium-high heat and add the oil. Season the turkey with salt and pepper, and cook for 4-6 minutes on each side, or until done. Allow the cooked turkey to rest on a cutting board while preparing the rest of the salad.
» To make the dressing, in a small mixing bowl, whisk the dijon and balsamic vinegar together. Whisk in the hot water. Next, whisk in the oil slowly and season with salt and pepper.
» Slice the reserved turkey diagonally into ½-inch wide strips.
» To assemble the salad, toss the lettuce greens, pomegranate seeds, sliced apples, sliced shallot, blue cheese crumbles, and dressing together.
» Place the sliced turkey on top and serve.

NUTRITION INFO:

Per Serving: (¼ of salad (3 cups)) • Calories: 342 • Calories From Fat: 138 • Fat: 17g • Saturated Fat: 3g • Cholesterol: 74mg Sodium: 302mg • Carbohydrates: 14g • Fiber: 4g • Sugar: 9g • Protein: 31g • SmartPoints: 9